

ABSTRACT OF THE DISCLOSURE

An optical recording medium 10 is recorded and reproduced with irradiation of light L and recorded pits are recorded with irradiation of light L through an objective lens 4 of which numerical aperture is greater than 1, at least a silicon layer 3 and a silicon oxide layer 2 being formed from the light irradiation side, in that order. An optical recording medium and an optical recording and reproducing method thereof are suitable for use with a near-field optical recording and reproducing system using an objective lens of which numerical aperture is greater than 1.